

La Chute Road Runners

December, 2013

Club News

We are all set for the 2014 running season! The application for club renewal has been submitted to RRCA. Here are some of the specifics from the application.

MEMBERSHIP RENEWAL

I have read and understand the RRCA Insurance FAQs.: *

I have read and understand the Guidelines for Safe Event Management:

Read the Guidelines for Safe Event Management before answering this question.

I have read and understand the Race Director Code of Ethics: *

Read the Race Director Code of Ethics before answering this question.

I have read and understand the Guidelines for Leading a Group Run: *

Read the Guidelines for Leading a Group Run before answering this question.

Liability Coverage Amount: *

Optional Insurance: Volunteer Medical Personnel Coverage : *

Optional Operations Package: *

Read the RRCA Insurance FAQs before answering this question.

Is your club/event organized as a 501(c)3 nonprofit organization?: *

Total Number of Race Participants: *

Number of Club-Hosted Races: *

Number of Annual Group Training Runs: *

Number of Club Social Events and Meetings: *

Number of Households in Club: *

Optional Donation: Annual Program Fund:

\$

Optional Donation: Kids Run the Nation Fund:

\$

Optional Donation: Roads Scholar Fund:

\$

Optional Donation: State Representatives Fund:

\$

Individual Membership Renewal

Our membership renewal form has been updated. The RRCA has requested a specific waiver be included and for it to be signed by the renewing or new member. There is one such at the end of the newsletter and a PDF can be obtained on our web page. Print, sign, and send to Matt or bring to the Gizzard Run.

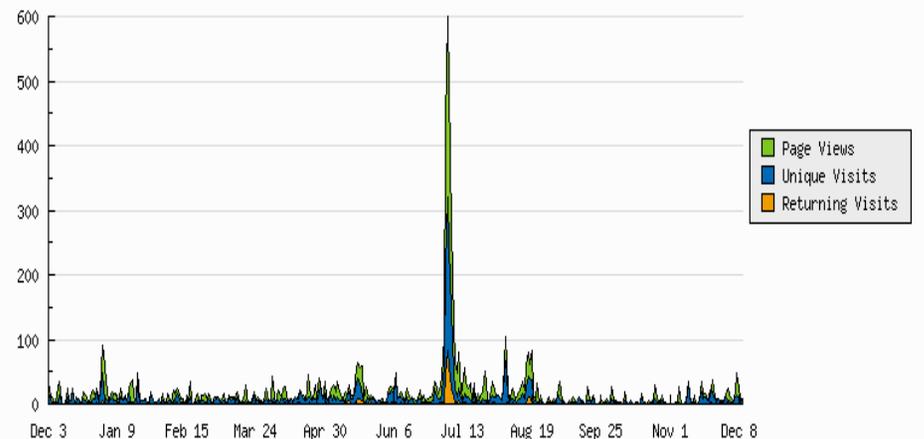
FYGBR

The "Freeze your Gizzard Blizzard Run" will be on Jan. 11th at 9:30 at Rut's Hut. This run is a pot-luck-breakfast-brunch with distances between 4 and 10 miles. A club meeting will follow the run. It will be fun! It will be cold!

Web Site Year End Review

Our site has a statistics counter. The counter tracks incoming web traffic. Graphs and comments follow. The graph below shows the number of hits the site has had, monthly, and for a year.

Which is our most popular race?



Resolution Run

Race PDF

Date: Jan 1, 11:00

Benefit: Ticonderoga Food Pantry

Location: Heritage Museum, Montcalm Rd, Ticonderoga, NY

Registration: Heritage Museum Parking Lot (Registration begins at 10:15)

Races: 11:00 am 5 Km and 2.5 mile Walk ; 1K kids run Start approximately 11:30 (12 and under)

Start: The race begins and ends near the Heritage Museum.

Entry fee: \$2 or 2 canned food items

Baked Goods: Overall Male and Female; 10 Year Age Groups, Male and Female 5 KM ____ 2.5 Mile ____ 1K (12 and under) ____

NAME _____ AGE _____ GENDER _____ ADDRESS _____

CITY _____ STATE ____ ZIP _____

I know that running a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Resolution Run, the Town of Ticonderoga, and the Road Runners Club of America, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature _____ Parent _____ (If under 18)

La Chute Road Runners

Goals: Encourage the youth of the community to get involved in a beneficial activity. Provide competitive opportunities for its membership. Provide membership with educational and social opportunities.

Activities: Sponsor the Montcalm Mile, Resolution Run, Champlain Bridge 5K, Footrace at the Falls, Support a LCRRC provide a Point Championship Series, hold an annual Awards Banquet , provide a newsletter, and organized training opportunities.

Club Membership Waiver of Participation

I agree that I am a member of the La Chute Road Runners, and I know that running in and volunteering for organized group runs, social events, and races with this club are potentially hazardous activities, which could cause injury or death. I will not participate in any club organized events, group training runs or social events, unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform all activities associated with the club and am in good health, and I am properly trained. I agree to abide by all rules established by the club , including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the club agree to abide by them. I assume all risks associated with being a member of this club and participating in club activities which may include: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and inconsideration of your accepting my membership, I, for myself and anyone entitled to act on my behalf, waive and release the La Chute Road Runners, the town of Ticonderoga, and the Road Runners Club of America, all club sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation with the club, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record for any legitimate promotional purposes for the club.

Signature: _____

Date: _____

Parent's Signature if under 18 years: _____

Date: _____

Membership type:

Family \$10.00 ()
New () Renewal ()
Individual \$5.00 ()
Student \$2.00 ()

Mail to:

Matt Karkoski
25 Black Point Rd.
Ticonderoga, NY 12883

Checks:

La Chute Road Runners
Newsletters will be e-mailed

Name: _____

Address: _____

Email: _____

Family Members: _____

